Giving Week

Classes FREE to members & non-members ages 14+

with a non-perishable food item or personal care item

donation to the Mansfield Food Pantry

-	Monday,	Tuesday,	Wednesday,	Thursday,	Friday,	Saturday,	Sunday,
1	December 23	December 24	December 25	December 26	December 27	December	December 29
1	11. 3	PHD GIFE				28	
Z	8:45-9:45 am	10:35-11:20 am	MCC Closed	10:35-11:20 am	12:15-12:45 pm	T	8:30-9:30 am
ζ,	Salsa Fit	Aqua Therapy		Aqua Therapy	Kettlebells	+	Sunrise Yoga
	w/ Kelly	w/ Dorinda		w/ Dorinda	w/ Jess *gym		w/ Tami
	10-10:45 am	Close at 5 pm				Auth	
	Water Fitness	T				181	77
5	w/ Keri	*				*	W/D

Schedules subject to change – 12/18/19



Mini Session

Classes FREE to members ages 14+

Non-members pay day use fee and may attend as many classes as they would like that day.

Tuesday,	Wednesday,	Thursday,	Friday,	Saturday,	Sunday,
December 31	January 1	January 2	January 3	January 4	January 5
#				7 t '	
10:30-11:15 am	Open 9-5	9-10 am	*4	ALL STREET	8:30-9:30 am
Silver Sneakers		Cardio Barre	3		Sunrise Yoga
Yoga	Happy New	w/ Donna	5	THE STIFE	w/ Tami
w/ Mandy	Year!			T. T.	WII II K
10:35-11:20 am		10:00-10:45 am	9-10 am	4	ZAM D
Aqua Therapy		Silver Sneakers	Functional		2
w/ Dorinda	I	Circuit w/ Mandy	Strength	JAJA.	\sim
Ť	11-12:30 pm		w/ Jodi	1	727
#		10:35-11:20 am		#	TYVID
No the last of the		Aqua Therapy	74.1	عليه الكالما	71111
		w/ Dorinda		2	
Close at 5 pm		10:50-11:35 am	8. × 3	PUR SUE	- ale
(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	welcome!	Silver Sneakers	3/1/2	A	Austra
+ +++	(++ × /	Yoga	A 144	* S	Charles S.
	7/1/	w/ Mandy		340	الللا كا
· 对\//发	- 30 E	1 305	**************************************	21/19	8Th : 3
X	***	V 100 3000	¥	7	X AMI
1/1/1/ 30	对抗	70%	Sout Y	11 //// 3	Jens mil
	December 31 10:30-11:15 am Silver Sneakers Yoga w/ Mandy 10:35-11:20 am Aqua Therapy w/ Dorinda	December 31 January 1 10:30-11:15 am Silver Sneakers Yoga w/ Mandy 10:35-11:20 am Aqua Therapy w/ Dorinda First Day Walk 11-12:30 pm Meet at Lion's Club Park	December 31 January 1 January 2 10:30-11:15 am Silver Sneakers Yoga W/ Mandy 10:35-11:20 am Aqua Therapy W/ Dorinda First Day Walk 11-12:30 pm Meet at Lion's Club Park All are Welcome! January 2 9-10 am Cardio Barre W/ Donna 10:00-10:45 am Silver Sneakers Circuit W/ Mandy 10:35-11:20 am Aqua Therapy W/ Dorinda 10:50-11:35 am Silver Sneakers	December 31 January 1 January 2 January 3 10:30-11:15 am Silver Sneakers Yoga w/ Mandy 10:35-11:20 am Aqua Therapy w/ Dorinda Meet at Lion's Club Park All are welcome! January 2 January 3 January 2 January 3 January 2 January 3 January 3 January 3 January 3 January 2 January 2 January 2 January 2 January 2 January 3 January 2 January 1 January 2 January 2 January 1 January 2 January 1 J	December 31 January 1 January 2 January 3 January 4 10:30-11:15 am Silver Sneakers Yoga w/ Mandy 10:35-11:20 am Aqua Therapy w/ Dorinda First Day Walk 11-12:30 pm Meet at Lion's Club Park All are welcome! January 2 January 3 January 3 January 4 9-10 am Cardio Barre w/ Donna 10:00-10:45 am Silver Sneakers Circuit w/ Mandy Strength w/ Jodi 10:35-11:20 am Aqua Therapy w/ Dorinda 10:50-11:35 am Silver Sneakers Yoga